

ABSTRACT OF THE DISCLOSURE

A woven exercise rug having contours on the exercise surface for the purpose of reducing the chance of a user slipping during exercise is disclosed. The woven characteristic of the exercise rug provides for some moisture absorption and 5 the contours provide additional gripping for the user of the rug to help reduce the chance of slipping due to moisture accumulation on the rug, due, for example, to perspiration. The contours of the rug may be provided by supplementary wefts or warps in the weave of the rug which are not required for the structural stability of the rug.